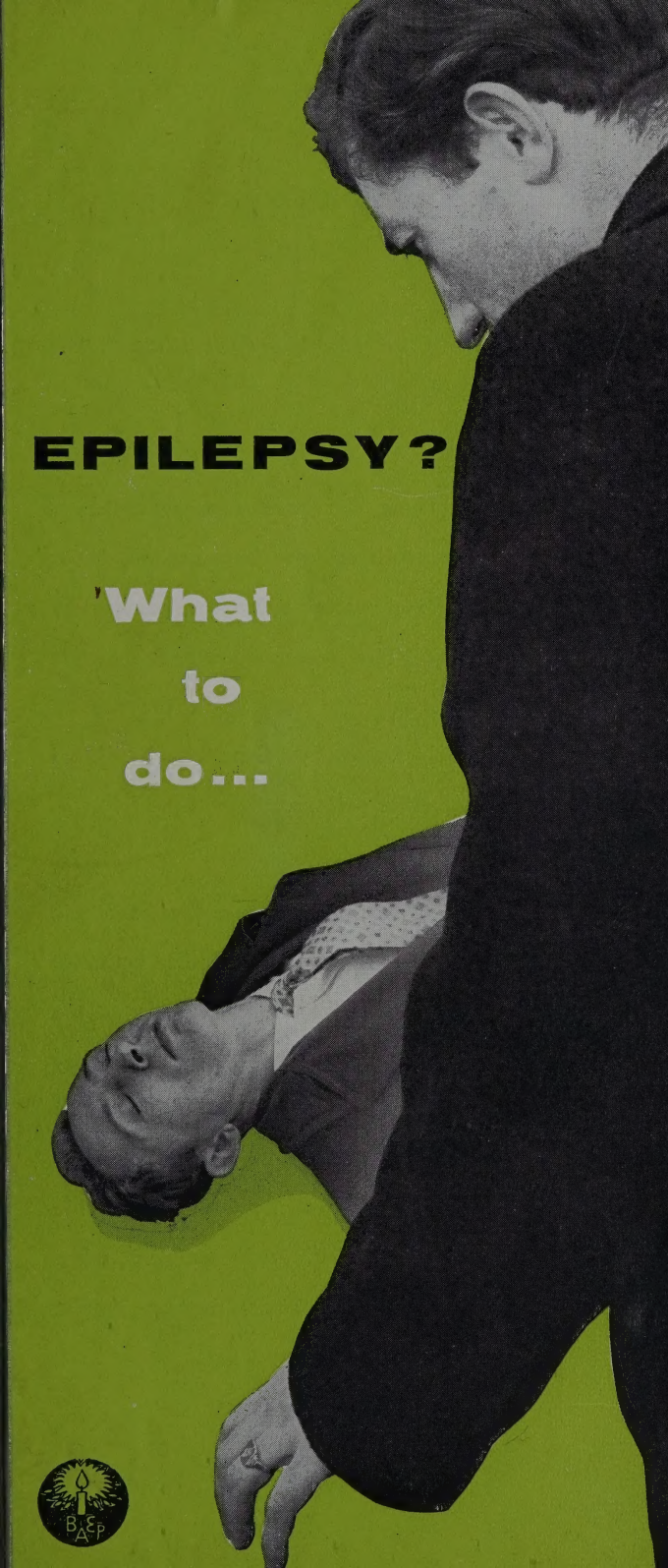




EPILEPSY?

'What
to
do...





Epilepsy

Epilepsy may be likened to an electrical storm in the brain.

Any human being can have these disturbances and can have convulsions. For instance, they occur in the course of many acute sicknesses, particularly in small children. The epileptic person is someone who has convulsions with very slight provocation and usually fairly frequently. Otherwise he differs in no way from other persons.

The outlook for complete control of epileptic attacks and a full life of work and other activities is excellent for most epileptic individuals at the present time. Any person who suffers from epilepsy should be examined by a qualified physician, who will probably carry out certain important laboratory tests and prescribe the medicine which is suitable for the particular individual. Such medicines, taken faithfully and regularly, are one's insurance against seizures occurring.



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Symptoms

Epileptic seizures may appear in several forms.

These range from falling to the ground unconscious, with the body first becoming rigid and later twitching, to much milder attacks whose evidences are brief interruptions of activity, accompanied perhaps by a blank expression or fluttering of the eyelids. The more violent type of attack can be alarming to an unprepared, uninformed bystander who wonders, "What can I do to help?"

Remember, a convulsion is not a danger to the life of the individual.

It's not unless he hurts himself in falling or becomes unconscious in some dangerous situation where he might be injured by traffic or other hazard. Unless the attack lasts for a very long time (a half hour or more) and there is some danger from exhaustion, it needs no particular treatment. When it is understood that a person is having a convulsion and is subject to them (some epileptics have badges and identification cards which indicate that they are subject to seizures) it is rarely necessary to call a physician. In cases of doubt, of course, medical help should be summoned.



First Aid

1. Remove the person having a convulsion to a safe place.

Allow him to lie quietly until he recovers. Rarely is any other treatment necessary.

2. Do not force any object between the epileptic's teeth.

For many years it has been suggested that some firm object be placed between the individual's teeth so he will not bite his tongue. More epileptic individuals' teeth and gums have been injured by well-intentioned but misguided efforts to prevent biting than by the biting itself.

3. Stay with the patient until he is thinking and able to move about rationally.

Most persons who suffer from major attacks are confused for considerable periods of time thereafter and should not be left alone or expected to go their way without some supervision or friendly guidance. In minor attacks, not accompanied by complete loss of consciousness or falling, the person often becomes perfectly clear in a matter of seconds.

All individuals who are known to have convulsions should be assisted in placing themselves in the care of a competent physician and encouraged to take the medicine he prescribes regularly and faithfully for as long as it is suggested.

For further information about what can be done to help epileptics write to:

BRITISH EPILEPSY ASSOCIATION

27 Nassau Street

London, W.1

Tel.: LAngham 2704/5

A card for epileptics to carry giving information what to do if found in an epileptic seizure is available from this office and a badge or brooch which can be worn by members.

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What the British Epilepsy Association is doing.

THE BRITISH EPILEPSY ASSOCIATION
was founded in 1950

1. To advise and help sufferers from epilepsy.
2. To enlighten the public about the complaint with a view to overcoming ignorance and prejudice which cause unnecessary hardships to epileptics.

Activities include:

WELFARE DEPARTMENT giving advice and help on many different problems to nearly one thousand people each year.

SOCIAL CLUBS for severely handicapped epileptics in 18 places.

HOLIDAYS AND CONVALESCENCE. A list of homes is maintained and help is given in finding vacancies.

PUBLICITY AND EDUCATION. Leaflets and pamphlets are published, a film is available and educational courses are arranged.

NO GOVERNMENT GRANT is received. Some local authorities make donations, but the Association mainly depends on voluntary gifts.

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